



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

This Bouillabaisse a noble dish is--
 A sort of soup, or broth, or stew,
 Or hotchpotch of all sort of fishes,
 That Greenwich never could outdo;
 Green herbs, red peppers, mussels, saffron,
 Soles, onions, garlic, roach, and dace:
 All these you eat at Terre's Tavern
 In that one dish of Bouillabaisse.

Both fame and form of la Bouillabaisse were well established long before Thackeray welded his words into the above ballad of praise.

The "Greenwich" mentioned, however, and "Terre's Tavern", date the day as early 19th century when, according to a story from the Fish and Wildlife Service, United States Department of the Interior, he must have ordered this noted stew or soup. And the "hotchpotch" then so delighted him that only by a sally into verse could he picture his palate pleasure.

In the canto quoted are, actually, most of the ingredients of this "one dish meal." The contemporary "receipt" which Terre's Tavern used is as follows:

Provençalle Soup (Bouillabaisse)

Cut 4 large Portugal onions into slices, and fry them in a gill of Lucca Oil. When they begin to assume a light brown color, add a sprig of thyme and 2 cloves of garlic, and shake in a good handful of flour. Stir this on the stove-fire for a few minutes, moisten with half a bottle of Sauterne wine, and add 3 pints of good consomme. Stir this sauce on the fire until it boils, then set it aside to continue gently simmering for half

an hour, and rub it through the tammy like any other puree. Then take it up and pour it into a small soup-pot.

Just before dinner-time, make the soup hot, and finish by incorporating with it a leason (thickening factor) of 6 yolks of eggs, a little cayenne, the juice of a lemon, and 2 ounces of grated Parmesan cheese.

Pour the soup into the toureen containing a plateful of scallops of any sort of fish (crimped cod or whiting is the best for the purpose) prepared as follows: cut two slices of crimped cod into small scallops, and put them into a deep sautepan with a little Lucca oil, minionette pepper, and a little salt, some chopped tarragon and chervil, and the juice of half a lemon. Fry these on the fire, put them into the soup-tureen; and when the soup is poured on them, throw in a small plateful of duchess' crusts fried in Lucca oil, and send to table.

Less complicated of procedure-to-result is this early 20th century recipe:

La Bouillabaisse (Fish Stew)

In order to make a good bouillabaisse, it is very necessary to choose fresh fish, the best olive oil, some good saffron and finally a good hot fire. The fish most desirable for the compositions of the bouillabaisse are: bass, sole, lobster, swordfish, whiting, cod, blue and channel cat, or fresh water (black, green, white) bass.

For 6 people, two kilos (about $4\frac{1}{2}$ pounds) of fish are necessary.

Put in a large casserole, a decilitre and a half (about a gill) of good olive oil. Add 3 onions, 2 cloves of garlic, 4 tomatoes, and a little parsley--the lot chopped together.

Set the casserole over the fire and let simmer, then add a good pinch of saffron and season with sufficient salt and pepper. Throw into the casserole all sorts of fish, having sliced the larger ones, but leaving the small ones just as they are.

Cover the lot with cold water and bring to a boil, seeing that it is seasoned enough. Cover the casserole and let cook at a good boil for eight or ten minutes.

Serve in a soup bowl containing slices of French toast over which you pour the fish-puree. Serve the fish in a separate platter. Sprinkle both dishes with chopped parsley and serve together.

Finally, for the gourmet--of either sex--wishing to have a kitchen set-to with the little meal-in-one-dish, here are the modernmost words on the subject:

The successful making of Bouillabaisse and other Creole dishes depends on one of two methods: the roux (thickening) with the seasonings cooked in browned flour and butter; or the Creole method of browning them in butter before the flour is added.*

1/2 lb. mushrooms	3 bay leaves
2 tbsps. butter	1/2 tsp. curry powder
2 large onions, chopped	1/2 cup sherry wine
2 cloves garlic, chopped	Dash of Tabasco Sauce
2 tbsps. flour	1 tsp. salt
2 cups tomato pulp	4 lbs. fish fillets
2 cups water	1 1/2 qts. boiling water
8 cloves	Hot buttered toast

(Makes 12-15 portions)

Red snapper and redfish in about equal amounts are the preferred fish for Bouillabaisse. Cut mushrooms into thin slices and allow to stand until needed. Melt butter and saute onions, garlic, and flour in it until golden brown; add tomato pulp and 2 cups of water, 4 cloves, bay leaves, curry powder, 1/4 cup sherry, and Tabasco Sauce. Simmer for 30 minutes. Season with salt. Simmer fish fillets in boiling water with 4 cloves and remainder of sherry for 15 minutes. Combine mushrooms and sauce with fish and cook for 5 minutes. Remove pieces of fish from sauce, place on buttered slices of toast on a large platter, pour sauce over fish and serve.

(U.S. Regional Cook Book)

*Creole sauce: Melt one tablespoonful of butter and in it fry one tablespoonful of minced onion, one clove of garlic chopped, and one green pepper finely minced. Add one cup-and-a-half of tomato soup; flavor with salt and cayenne pepper.

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